



# Fuelling Fitness for Your Sport- Netball

## About Netball

- Netball games are played in 4 x 15 minute quarters with 7 players on the court at one time.
- Aerobic and anaerobic energy systems used with competitive and elite players requiring a combination of endurance, strength, speed, agility and skill.
- Training sessions may range from 1 session/week to 1-2 sessions/day on average. These may cover individual ball skills and shooting, team strategies, weights, running/sprints.

## Fluid Needs

At least 2-3 litres per day should be consumed. On hot days as fluid losses are often high at training and playing venues players will need to drink more. Players should replace their losses during training/games and check urine colour. Producing a small volume of dark coloured urine is a sign of dehydration.

## What Should I Eat Pre-Event?

A low-fat, carbohydrate based meal 2-4 hours before start of game is ideal e.g. pasta/rice/noodles plus plenty of fluid. This should be followed by a snack such as a muesli bar/sandwich/fruit in the hour or so before the start of the game.

### Examples of pre event meals:

- Breakfast cereal with low fat milk
- Canned spaghetti on toast
- Pancakes with syrup or sugar
- Liquid meal, Sustagen or sports drink

## What Should I Eat/Drink During Competition?

Sports drinks, water, perhaps carbohydrate gels (taken with plenty of water).

## What About Recovery?

In the first hour after the game or training you should aim to have sports drinks, Sustagen sport, glucose lollies, fruit, muesli bars or other snacks e.g. muffin or sandwich. This should be followed up by a more substantial meal/snack containing some more carbohydrates and protein.

For more great sports nutrition information visit [www.sportsdietitians.com](http://www.sportsdietitians.com)

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## **Other Nutrition Tips**

- Players need to be organized and carry snacks and fluids with them at all times as food available at training/playing venues may not always be appropriate for recovery/tournaments.
- Leading up to and during tournaments ensure a high carbohydrate intake is maintained throughout to maintain body glycogen (glucose) stores. This is most important for centre court and running players.
- Game times may vary greatly in some cases and may finish late in the evening - so planning for adequate meals and snacks before and after is essential. Sometimes it may be that the main meal is better at lunchtime or mid-afternoon.

## **How to Get Involved**

As Netball is such a popular sport there are competitions for people of all ages and standards. For more information go to Netball Australia <http://www.netball.asn.au/>.

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